Saturated Fat Was Never the Villain — Bad Science Was Transcript

(Transcripts are generated by AI and may contain errors)

Opening Food Guideline Announcement

I'm RFK Jr. and today we're announcing some new food and eating guidelines. We're going to go back to consuming more saturated fat. Back in the 1800s, when we used to consume more fat, people had a median age of about 30 to 35. Where people died early at the age 30, 35, 150 years ago is because of trauma.

I also would like to recommend saturated fat because the country of Finland, especially North Karelia, when they used to eat more saturated fats, they had the highest cardiovascular mortality rates in the world.

Finland Saturated Fat Example

When the county of finland decided to intervene and tell them to stop doing that, it had an 84% reduction in mortality rate. So with the study in Finland, it wasn't just reducing the saturated fat, they changed the coffee from boiled to filtered.

They also increased fruits and vegetables consumption by two to three fold. they supplemented fertilizers with selenium, meaning in their agriculture.

And so people were eating more selinium by three, three X and they also control blood pressure better. So there's too many variables. You can't, just say saturated.

That was the reason why their mortality decreased. and that's an observational study and he continues on with observable studies. which became one of the best in the world.

We also wanna go to eating more saturated fat because it increases cardiovascular event rates. So again, an observational study will give you that sort of data, but right here is a link to the Journal of American College of Cardiology, and this is combination of multiple randomized control trials regarding saturated fats on 67,000 men and women.

Randomized Trials on Saturated Fat

Some of trials were one year in duration, somewhere up to eight years in durations. And during this time, they found that there's no causation of saturated fat, causing heart disease, stroke, heart attack, or cardiovascular death.

This is an observational study. There's so many variables in these regions and with these people and their cultures. You can't just say it's saturated.

We also want to go to eating more saturated, because saturated is a direct line to all cause mortality. That's right. the more saturated fat you eat. So when people eat more satirated fat, that's a different lifestyle because they don't listen to their doctors.

Observational Study Critique

They smoke more, they ride motorcycles, shoot guns, don t wear their seatbelts, eat sugar, are overweight, and don' t exercise. That's what observational studies have shown to us.

When people do go to the doctor, it's the healthy user bias. If they listen, the doctors don"t eat as much saturated, but they also stay thin, exercise, wear seat belts, do all the other healthy things.

the more likely you are to die of basically any cause. Why should you listen to me? I don't have a scientific background, but I usually just go with my gut feeling.

So now he's doing what's called an appeal to authority, like you only want to listen your medical doctor. And also there's another argument called ad hominem attack, which is going to get into a moment here.

Argumentation and Closing Remarks

But I've heard more appeal authority in the last few months with Arcade Junior as the head of HHS because the MDs are just like freaking out. I have feelings and it's just common sense.

So I feelings as an ad hominem attack. When it comes to arguing, you want to refute the central point. You don't do ad-hominem attacks, appeal to authority, and you use real science.

Don't use observational studies. From the side of R. K. Jr., I think he's doing a great job.